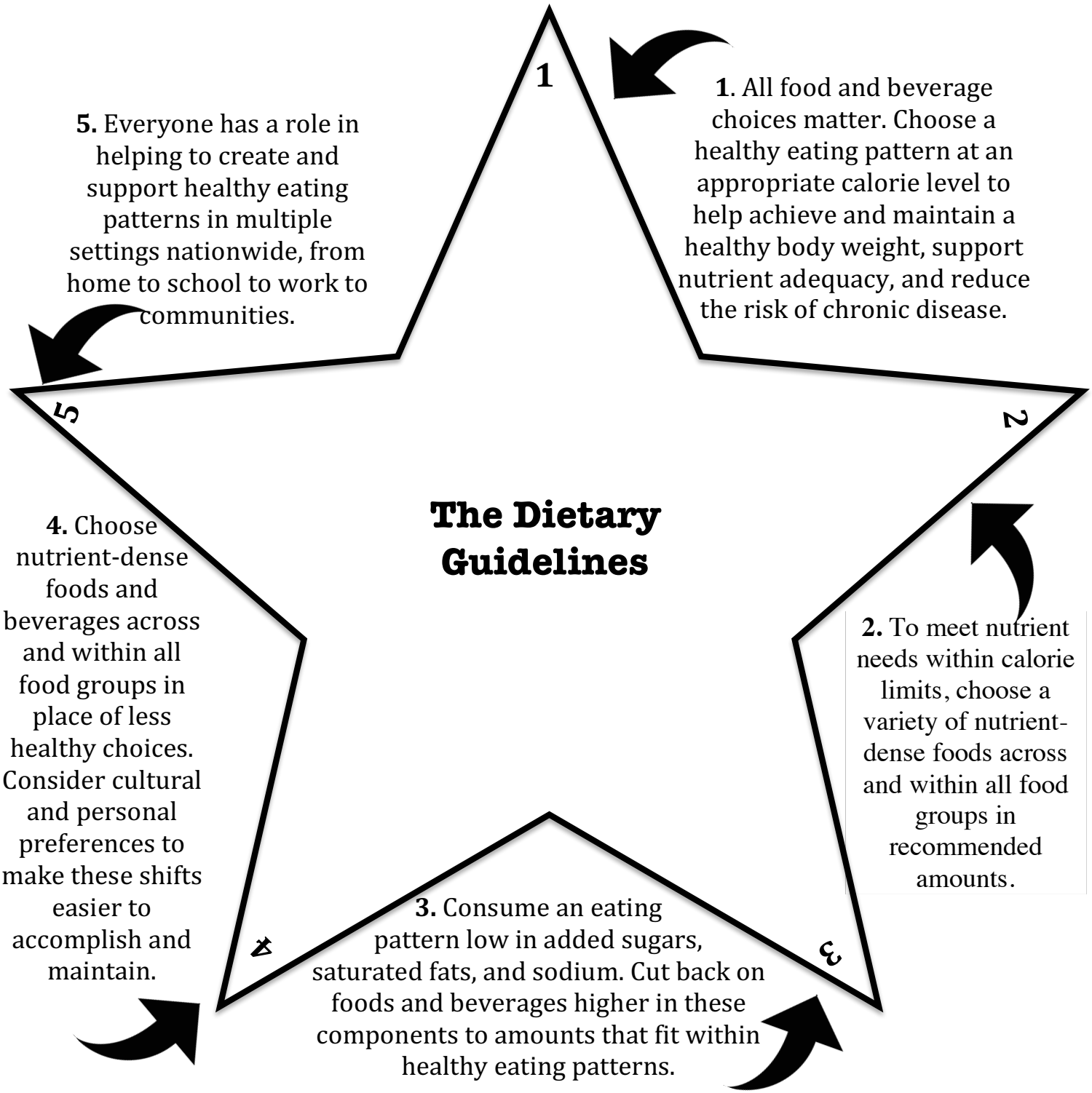
Name_____

Dietary Guidelines 101

- **Who?**
- **What?**
- **When?**
- W**hy?**